

## EATING TOO MUCH.

Overnutrition is Just as Harmful as Malnutrition.

It is an acknowledged fact that almost every soul of us eats too much. The digestive organs are constantly overtaxed and finally weakened. When wisely followed, the practice of fasting can be most beneficial. An expert on the food question has said that one should rise from the table with the feeling of hunger, which is an experience known to very few of us. On the contrary, the majority of people leave the board with a sense of burden which only an hour's siesta can alleviate. This is not so much owing to the fact that the food is uncommonly rich, for the rule of the simple life obtains now in the fashionable cuisine, but it is the quantity taken. There is a large community at the present moment which fasts from breakfast time till dinner at night. It is a question if it is wise to leave the stomach entirely without food during all those hours, but there is no question that the lighter the lunch taken the better will be the health of the individual. By a "light lunch" in this instance is meant what most people would not call a lunch at all—that is to say, a few crackers with cheese (a much maligned article of diet), a few nuts and a bit of fruit or a cup of cocoa with dry toast. Such a "feast" prevents the craving for food and in no way taxes the digestive organs. Overnutrition is just as harmful as malnutrition and is far more frequently the cause of maladies. With judicious fasting the system recovers its lost tone, and mental workers would find that the brain worked with surprising lightness, for the brain is one of the chief sufferers from over-eating.—New York American.

## BRITISH PRINCES.

Very Different From the King In Exemption From Laws.

So privileged is the king of England in his exemption from any and every law that one would naturally expect his children might do pretty much as they like. But Englishmen have always been very jealous of royal personages, and the fact is that princes enjoy very few privileges indeed. A prince of the royal blood may be fined, like any ordinary mortal, if his motor car exceeds the legal limit of speed.

The Prince of Wales cannot be sued personally for debt. If the debt is not paid the creditor may take out a summons, but he must summon the treasurer, not the prince. If the case goes against the treasurer the money is paid out of the prince's assets.

No child of the king who is under twenty-five can marry without the king's consent. Supposing, however, a prince over twenty-five desired to marry and the king refused his consent, then the prince could give notice of his intention to the privy council. After that he would have to restrain his patience for a whole year. If during that time either the house of lords or the house of commons disapproved of the marriage it could not take place. But if both houses of parliament were satisfied the prince could marry the woman of his choice.

A prince has not even the right to educate his own children, for it was long ago laid down that the king has the care and education of his grandchildren while they are minors.—London Telegraph.

## The New York Idea.

"Little boy."  
"Huh?"  
"Do you know where Broadway is?"  
"Say, wot youse take me fer?"  
"Well, where is it?"  
"Aw, don't youse believe I know?"  
"Yes, of course, but I don't know. Tell me how to get there from here."  
"Aw, youse know how."  
"I do not. I am a stranger. I haven't the least idea where it is."  
"Quit yer kiddin'."  
"Where—is—Broadway?"  
"G'wan!"  
"This way or that way?"  
"Yer stringin' me."  
"Will you tell me where Broadway is?"  
"Hey, Jimmy, here's a guy wot sez he don't know where Broadway is!"—New York Times.

## The Brakeman's Advice.

Down in Maine is a town called Burnham, situated on a small branch railroad that joins the main line at Burnham Junction. One day as the train approached the latter place the brakeman entered the car and in his usual stentorian tones went through his regular rignarole when a station and junction are reached.

"Burnham Junction!" he shouted. "Burnham Junction! Change cars for Burnham! Leave no articles in the car! Burn'am, Burn'am!"—Lippincott's.

## The Other Course.

Solicitor—And I am sure you will find, madam, that this is the best course to adopt in the event of your friendly letter failing to produce the effect we desire. Client—Yes, I see, Mr. Jones. If I cannot get what I want by fair means, I must put the matter unreservedly into your hands.—Punch.

## The Magnet.

"Yes, she advertised for a husband and got 2,700 replies."  
"Gracious! She must have advertised herself as very beautiful."  
"No, she didn't. She just said she had \$700 in the bank."—Kansas City Independent.

There is no substitute for thoroughgoing, ardent and sincere earnestness.—Dickens.

## A Prohibited Weapon.

Every traveler knows that there are certain restrictions upon the introduction of arms into foreign countries. Among the weapons which it is forbidden to take into France is the "tromblon," which is expressly mentioned in the Bengal code as a weapon the carrying and sale of which are not allowed. And yet the "tromblon" is not a firearm which is commonly used nowadays, for it is nothing else than the blunderbuss, a weapon which old caricatures show to have been carried by the guards of coaches as a protection against highwaymen and to have been hung over his fireplace by John Bull at the time of the scare of a Napoleonic invasion a hundred years ago. The blunderbuss had a flintlock, a short barrel and a muzzle like a trumpet, the bell mouth being designed to scatter the slugs with which the primitive piece was charged. Any one who buys one at an old curiosity shop had better take care how he introduces it into France, for the penalty for doing so is a fine of 200 francs.—London Chronicle.

## Took His Joke Seriously.

A funny incident occurred aboard one of our big battleships. While at anchor off some large city a delegation of ladies representing the W. C. T. U. came aboard and were much interested in all they saw. One of the visitors, spying the chit box for the wine mess, which was fastened up in the ward room, inquired what it was. A young officer, being facetiously inclined and not for one moment supposing that his joke would be taken seriously, told her it was a box for foreign missions and that the officers were always glad to have all those who came aboard contribute. Nothing more was thought of the matter till the end of the month, when the box was opened and, to the astonishment of all, was found to contain \$12.30. The dilemma was overcome by sending a check for the amount, together with a letter of explanation, to the secretary of the navy requesting that he have it forwarded through the proper channel to the cause for which it was contributed.—Army and Navy Life.

## Interpreting a Gift.

A Philadelphia man sent as a present to his son and daughter-in-law a gold eagle and with it the following letter:

"The woman on the face of this coin is for you, Clarence, because men usually like good looking women. The eagle on the reverse, with the feathers on its legs, is for Lottie, because women are supposed to like birds and feathers.

"The 'E Pluribus Unum,' which you know is translated 'One of Many,' means that of the many of them you would like to have this is the only one you get.

"The thirteen stars, being an unlucky number, indicate the hard luck many of us have in our efforts to gather in the quantity of these coins we really have need for, but, then, the forty-six stars around the rim tell you that by working like 'forty' six days in the week you can probably accumulate enough to see you through."—Philadelphia Ledger.

## Vain Pride.

"Well, how do you think this looks?" asks Mr. Bunderly, coming into his wife's boudoir while she is arranging her coiffure.

"How does what look?" she inquires in tones that are muffled by some hairpins she has between her lips.  
"I got this toupee to cover my bald spot. I'm always catching cold and—"  
"Why, John James Bunderly! The very idea!" she exclaims. "I thought you were a man who was above such petty vanity. When a man becomes so self conscious of his looks it has really a suspicious appearance."  
Whereupon Mr. Bunderly takes off the toupee and combs the four long locks of hair over his bald spot, and his wife continues to pin on the perfectly lovely puffs that so enhance her beauty.—Chicago Post.

## The Romans Invented Horsepower.

The Romans, among whom agriculture was a highly favored occupation, were an inventive race, especially in the matter of labor saving machines. Recognizing the drudgery of hand mills, they invented those whose motive power was imparted by asses, mules and oxen and introduced them into all the countries conquered by their victorious armies. There is no positive record of the name of the originator of this improvement in milling.

## Dates and Her Birth.

Officer (investigating old age pension claims)—Well, Mrs. Brady, how old might you be? Mrs. Brady—Sorra was of me knows, indeed, sor. Officer—Think, now. Don't you know the date of your birth? Mrs. Brady—The date of my birth, is it? Sure, there was no such things as dates when I was born!—London Punch.

## Shiftless.

Mrs. Borrow—Our neighbors are very shiftless people. Mr. Borrow—How do you know? Mrs. Borrow—When I go over to borrow anything they never have it.

## Compensation.

Friend—If your washerwoman charges by the piece, it must be rather expensive. Young Housekeeper—Oh, no! She loses so many things that her bills are never high!

## Source of His Money.

"How did he lose his money?"  
"His father-in-law failed."—London Illustrated Bits.

He only is exempt from failures who makes no efforts.—Whately.

## A GOOD NIGHT'S REST



"Speak for it!" she cried to doggie, for she knew in her little heart, that German Syrup, home's great treasure, could health and joy impart.

Q The greatest tonic on earth is a good night's rest. Restless nights and the terrible exhaustion of a hacking cough are dread dangers of the poor consumptive. Q But why this fear of the night when a few doses of Dr. Boschee's German Syrup will insure refreshing sleep, entirely free from cough or night sweat? Free expectation in the morning is made certain by taking German Syrup. Q We know by the experience of over thirty-five years that one 75-cent bottle of German Syrup will speedily relieve or cure the worst coughs, colds, bronchial or lung troubles—and that, even in bad cases of consumption, one large bottle of German Syrup will work wonders. Q Two sizes, 25c and 75c. All druggists.

G. S. VARDEN & SON, Paris Ky.

## Merit.

Earn the honors and the praise you get. No press agent will work for you after you are dead.

## The Lexington Herald for 1909.

The Lexington Herald announces its annual bargain offer for \$5.00 per year to mail subscribers who pay a year in advance before January 15th. This applies only to mail subscribers who are not in arrears. All subscribers who are in arrears may secure this reduced rate by paying up on January 1, 1909, and paying \$5.00 in advance for the next year. New subscribers may receive the paper by mail on payment of \$5.00 in advance. These rates do not apply either to carrier delivery in Lexington or carrier delivery in any of the towns of Central Kentucky, but only to subscribers who receive their paper through the mails.

The Herald for 1909 will be a better newspaper than ever before. It will continue to cover the news fields with the thoroughness that has already made it Central Kentucky's favorite newspaper, and the Sunday Herald will retain all of the high class features that have made it superior to any other Sunday paper published in a city of Lexington's size.

In addition to what Herald subscribers have received heretofore they will get on Monday morning an agricultural weekly which will also carry the news of the day. The regular subscribers of the daily editions of the Herald will receive the Blue Grass Farmer edition.

The Blue Grass Farmer edition will be for \$1.00 a year and The Sunday Herald for \$1.50 a year. LEXINGTON HERALD CO., Inc., Lexington, Ky.

## Has One Real Advantage.

Staying in nights may be galling to the spirit, but it certainly is good for the rheumatism.—Nashville American.

## Good Cough Medicine for Children.

The season for coughs and colds is now at hand and too much care cannot be used to protect the children. A child is much more likely to contract diphtheria or scarlet fever when he has a cold. The quicker you cure his cold the less the risk. Chamberlain's Cough Remedy is the sole reliance of many mothers, and few of those who have tried it are willing to use any other. Mrs. F. F. Starcher, of Ripley, W. Va., says, "I have never used anything other than Chamberlain's Cough Remedy for my children and it has always given good satisfaction." This remedy contains no opium or other narcotic and may be given as confidently to a child as to an adult. For sale by W. T. Brooks. You need no other guarantee.

## He Was Thankful.

Willie was very proud of his first pants. That night, when he said his prayers, he said: "Dear God, I am thankful to say I have on pants now."—Delineator.

## Seven Years of Proof.

"I have had seven years of proof that Dr. King's New Discovery is the best medicine to take for coughs and colds and for every diseased condition of the throat, chest or lungs," says W. V. Henry, of Panama, Mo. The world has had thirty-eight years of proof that Dr. King's New Discovery is the best remedy for coughs and colds, is grippé, asthma, hay fever, bronchitis, hemorrhage of the lungs, and the early stage of consumption. Its timely use always prevents the development of pneumonia. Sold under guarantee at Oberdorfer's drug store, 50 cents, and \$1 Trial bottle free.

## The Mistral.

The mistral is a cold northwest wind which does much damage at certain seasons in France and Italy. From the close of autumn to the beginning of spring, it is especially violent. It dries up the soil and causes dangerous storms on the Mediterranean sea.

## Watched Fifteen Years.

"For fifteen years I have watched the working of Bucklen's Arnica Salve; and it has never failed to cure any sore, boil, ulcer or burn to which it was applied. It has saved us many a doctor bill," says A. F. Hardy, of East Wilton, Maine. 25c at Oberdorfer's drug store.

## LIVE STOCK AND CROP NOTES

—E. F. Spears & Sons bought of Mrs. W. B. Griffith a car load of good baled timothy hay at \$10 per ton, F. O. B. Shawhan.

—The old National Horse Show Association, of New York, that just "retired" last week had a surplus of two hundred and fifty thousand to divide among the stockholders.

—Wheat is selling in the Paris market at \$1.02, corn \$3 per barrel and hemp at \$6 per 122 pound. Clover seed is quoted at \$6.50 per bushel and prime timothy seed at \$2.25. Baled hay in ar lead lots, F. O. B., is selling at \$10 or ton.

—Maj. David Castleman and L. G. Cox have resigned from the directory of the Bluegrass fair, and Mr. Jas. A. Farro and Mr. Paul M. Justice were elected in their places. The press dispatch states that Maj. Castleman will move to Cuba to reside.

—"President" Taft's saddle horse that he used for city riding is for sale in New York. He is a brown gelding nearly sixteen hands, and could carry the "Jedge" allright on the straightaway, but when it came to packing his 300 pounds across the hills to Virginia "he didn't be there."

—Chas. C. Ellis, of Henry county, Ky., has a small herd of saddle-bred mares and four nice young stallions topped with Montgomery Chief and Bourbon King crosses. He says that one of his brood mares has been worth more to him for several years than one hundred acres of his land.

## Shows Influence of Mind.

Careful estimates show that the average business man walks a mile in 18½ minutes, while the ordinary loiterer, who has no business on his mind, requires 29 minutes to walk it.

## Heart and Brain.

The heart that husbands a desire to "get even" with imaginary enemies is the haunt of unhappiness; and the brain that strives to conceive a means of retaliation for a fancied wrong is the abode of misery.—Sunday Magazine.

## Mind Your Business!

If you don't nobody will. It is your business to keep out of all the trouble you can and you can and will keep out of liver and bowel trouble if you take Dr. King's New Life Pills. They keep biliousness, and jaundice out of your system. 25c at Oberdorfer's drug store.

## Large Cities of United States.

This country has 138 cities with a population of over 30,000.

## How is Your Digestion.

Mrs. Mary Dowling of No. 228 8th Ave., San Francisco, recommends a remedy for stomach trouble. She says: "Gratitude for the wonderful effect of Electric Bitters in a case of acute indigestion, prompts this testimonial. I am fully convinced that for stomach and liver troubles Electric Bitters is the best remedy on the market today." This great tonic and alterative medicine invigorates the system, purifies the blood and is especially helpful in all forms of female weakness. 50c. at Oberdorfer's drug store.

## Selfish Philosophy.

Pliny: It is best to profit by the madness of others.

## How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, Ohio. We, the undersigned have known F. J. Cheney for the last fifteen years, and believe him perfectly honorable in all his business transactions and financially able to carry out any obligations made by his firm.

WALDING, KINMAN & MARVIN, Wholesale Druggists, Toledo, Ohio. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all druggists. Take Hall's Family Pills for constipation.

Insure with W. O. Hinton. Prompt paying non-union companies.

Ground Covered by New York. New York has an area of 209,218 acres.

## County Court Days.

Below is a list of County Courts held each month in counties tributary to Paris:

Anderson, Lawrenceburg, 3d Monday. Bath, Owingsville, 2d Monday. Bourbon, Paris, 1st Monday. Boyle, Danyille, 3d Monday. Breathitt, Jackson, 4th Monday. Clark, Winchester, 4th Monday. Estill, Irvine, 3d Monday. Fayette, Lexington, 2d Monday. Fleming, Flemingsburg, 4th Monday. Franklin, Frankfort, 1st Monday. Garrard, Lancaster, 4th Monday. Grant, Williamstown, 2nd Monday. Harrison, Cynthia, 4th Monday. Henry, Newcastle, 1st Monday. Jessamine, Nicholasville, 3d Monday. Lee, Beattyville, 4th Monday. Lincoln, Stanford, 2nd Monday. Madison, Richmond, 1st Monday. Mason, Maysville, 2d Monday. Mercer, Harrodsburg, 1st Monday. Montgomery, Mt. Sterling, 3d Monday. Nicholas, Carlisle, 2nd Monday. Oldham, Lagrange, 4th Monday. Owen, Owenton, 4th Monday. Plendleton, Falmouth, 1st Monday. Powell, Stanton, 1st Monday. Pulaski, Somerset, 3d Monday. Scott, Georgetown, 3d Monday. Shelby, Shelbyville, 2nd Monday. Wayne, Monticello, 4th Monday. Woodford, Versailles, 4th Monday.

## FOR SALE.

I have 100 nice calves for sale. Will sell in bunches to suit the buyer. dec11tf JOE FRANKS, Paris, Ky.

## DEMOCRATIC TICKET.

For Representative—Sidney G. Clay.  
For Circuit Judge—Robt. L. Stout, of Woodford county.  
For Commonwealth's Attorney—Robt. B. Franklin, of Franklin county.  
For County Judge—Denis Dundon.  
For Circuit Clerk—W. H. Webb.  
For County Clerk—Pearce Paton.  
For Sheriff—A. S. Thompson, with W. F. Talbot as deputy.  
For County Attorney—George Batters.  
For Jailor—H. O. James.  
For Assessor—W. G. McClintock, with L. B. Purnell and Robt. Gilkey as deputies.  
For Surveyor—Ben F. Bedford.  
For County School Superintendent—F. L. McChesney.  
For Coroner—Rudolph Davis.

## FOR MAGISTRATE.

Paris—L. J. Fretwell.  
Little Rock—W. H. Squires.  
Clintonville—B. F. Stipp.  
Hutchison—O. B. Lloyd.  
Centerville—J. T. Barlow.  
Ruddles Mills—Geo. K. Redmon.  
Millersburg—E. P. Thomason.  
North Middletown—J. J. Redmon.

## ANNOUNCEMENTS.

## FOR STATE SENATOR.

We are authorized to announce Claud M. Thomas as a candidate for the Democratic nomination for State Senator from this district composed of Bourbon, Clark and Montgomery.

## The Tightwad.

One trouble with a tightwad is that he doesn't care who knows it.

## A New Year Resolution.

We have resolved by fair dealing and reasonable price and courteous treatment, to make this year a greater success than any one in the history of our experience in the furniture business. By buying my furniture in large quantities than ever before therefore it enables us to give to my customers the benefit of a close price. Thanking our patrons for their past favors and we hope to merit a continuation of the same.

J. T. Luman & Co.,

Neely Building, Cor. and Main Sts.

**W.B. Reduso**  
CORSETS

## The Perfect Corset for Large Women

It places over-developed women on the same basis as their slender sisters. It tapers off the bust, flattens the abdomen, and absolutely reduces the hips from 1 to 5 inches. Net a harness—not a cumbersome affair, no torturing straps, but the most scientific example of corsetry, boned in such a manner as to give the wearer absolute freedom of movement.

New W. B. Reduso No. 770 for large tall women. Made of white coutil. Hose supporters front and sides, also made in batiste. Sizes 20 to 36. Price \$3.00.  
New W. B. Reduso No. 772 for large short women. is the same as No. 770, except that the bust is somewhat lower all around. Made of white coutil. Hose supporters front and sides. Also made in batiste. Sizes 20 to 36. Price \$3.00.

Ask any dealer anywhere to show you the New W. B. "Hip-subsiding" models from \$1.00 to \$3.00 per pair.  
WEINGARTEN BROS., Mfrs., 377-379 BROADWAY, NEW YORK

## Holladay's Home-Made CANDIES!

Mail Orders Given Prompt Attention.

Divinity	Fruit Pudding	Pralines
Celestials	Nougat	Nut Wafers
Chocolates	Chocolate Cocktails	Oriental
Cocoannt Caramels	Pecan Caramels	
Naugat Caramels	Vanilla Caramels	
Cinamon Potatoes	Modijeskas	
Stuffed Dates		

**BRUCE HOLLADAY,**  
Paris, Ky.

Both 'Phones. Main St., near Fifth.

## CLOVER SEED.

We have in stock some very fine NEW CROP Clover Seed, which we are selling now to be taken out at sowing time. Prices are very low now. Call at our office to see this seed.

**Chas. S. Brent & Bro.,**  
PARIS, KENTUCKY.

Both 'Phones 14.